

LONDON metro®



BOYHOOD CAUGHT ON FILM

NEW ETHAN HAWKE
MOVIE WAS MADE
OVER 12 YEARS
TO CAPTURE THE
DEVELOPMENT OF
HIS CO-STAR **PAGE 7**

Special Olympians start west to Vancouver

Thirteen London athletes
competing in Canadian
Summer Games **PAGE 2**

Does Bill C-36 protect the rights of sex workers?

House justice committee
examines feds' proposed
prostitution law **PAGE 4**

Wow, you look like you could use a break

Metro talks to stress experts
about the physical signs that
it may be time for you to take
a vacation from work **PAGE 9**

Wednesday's Jackpot
\$9,000,000
estimated

LOTTO
649

PLUS A
GUARANTEED
\$1 MILLION
PRIZE DRAW



IN THE WEEDS

Ivey Business School students Michael Chou, left, and Francine Sheremeta were working up a sweat Monday as they cleared weeds and other debris from around newly planted trees in east London's McCormick Park. So, what prompted the business students to, well, get down to business? Story on page 2. SCOTT TAYLOR/METRO

In memory of Jordan

Run the Runway.

Event to raise funds for
the YMCA Strong Kids
program, which helps
children, teens attend
Camp Queen Elizabeth

When and where

- The event will take place at 6:30 p.m. Sept. 12 at London International Airport.
- A reception with food and prizes will follow the run. Walkers are encouraged to participate, too.
- Sign up at runtherunway.ca

Before he died in a February car crash, 27-year-old Jordan Strickland was planning to once again spend part of his summer on the shores of Georgian Bay as a volunteer counsellor at Camp Queen Elizabeth.

The Londoner relished time he spent at the camp as a boy and continued visiting as an adult, taking on the new role of welcoming others.

Strickland was unable to talk and he dealt with mobility issues on the camp's rocky terrain, but when he couldn't do something alone, others became his arms and legs and did it with him.

That's why a fundraiser planned for the camp is so dear to the heart of his family, who are lending his name to the cause.

Jordan's Run the Runway will see participants run or walk five kilometres at London International Airport to raise money for the YMCA Strong Kids program, which helps children and teens attend Camp Queen Elizabeth.

At the camp, kids of all abilities and backgrounds are encouraged to try rock climbing,

canoeing, kayaking, body surfing on the rapids, hiking and swimming.

Jordan's mom, Janice, said the camp was among the happiest parts of his life.

"Every summer since he was about 10 he went to Camp Queen Elizabeth and they did a great job of supporting him," she said. "He just loved it and he was very well-liked there."

She said there were some things he couldn't do on his own, but there was nothing he wouldn't do given the chance.

His dad, Paul, is a partner at Siskinds law firm, the title sponsor of the event, but Janice said quite a few hands are stirring the broth to make the event a success.

"Everybody has come on board so amazingly," she said. "London International Airport staff was happy to help, as was Race Roster and Diamond Aircraft, which will be the starting point of the run."

Almost every cent collected will go to the YMCA.

SCOTT TAYLOR/METRO



London members of the Ontario Special Olympics team were having a good time at the airport Monday before heading to Vancouver for the summer national games. SCOTT TAYLOR/METRO

Special athletes race to nationals in Vancouver

Summer Games.

Thirteen competitors from London will be participating



SCOTT TAYLOR
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The 28-year-old man looked the part of a powerlifter as he stood head and broad

shoulders over most everyone else Monday at the London International Airport.

Jamie Walker, to put it mildly, is excited to fill the role of a powerlifter.

He's one of 13 athletes from London on their way to the Special Olympics Canada Summer Games — an event for competitors with intellectual disabilities. The Games run Tuesday to Saturday in Vancouver.

Walker's plan of attack?

"I'm going to do my best to bring some hardware back to the city," Walker said.

That hardware he's talking about would be equally appreciated in either gold, silver or bronze.

Walker's no stranger to success. He won silver in floor hockey at the World Winter Games in Boise, Idaho, in 2009 and earned gold in the squats, deadlift and bench-press events at

the recent provincial games.

Other London athletes will take the stage in a variety of other events.

Kerry Cloney, 43, for instance, will bowl as part of a team and in singles competitions.

"Last week, I bowled a 174," she said with a smile and a trace of modest pride. "I'm excited to go."

More than 2,000 athletes will compete in 11 sports at the Games.

Special Olympics events

- 10-pin and 5-pin bowling
- athletics
- powerlifting
- rhythmic gymnastics
- soccer
- softball
- swimming
- basketball
- bocce
- golf

Western University. Ivey students give back throughout the city

Students from Western University's Ivey Business School fanned out across the city Monday to volunteer their time for a number of worthy causes.

More than 100 of them dedicated a combined 300 volunteer hours to five London non-profit organizations for Ivey Impact Day, an event designed to help students give back to the community.

Some of them were clearing an endless supply of weeds from McCormick Park as they cared for newly planted trees on behalf of Reforest London. Others were working at Rotholme Women's and Family Shelter, Habitat for Humanity, the Unity Project and The Mission Store.

The RBC Foundation sponsors the annual event.

SCOTT TAYLOR/METRO

Police caution drivers

Several in hospital after weekend crashes

London police are asking people to be careful on the roads after responding to 17 weekend crashes.

Three resulted in serious injuries, police said.

They include a motorcycle crash that left two in hospital and two separate crashes involving pedestrians. Two out of three pedestrians have been released from hospital. METRO

JustEat.ca. Website releases top 10 takeout favourites in London

JustEat.ca, an online food-ordering service, came up with a list of the top 10 takeout favourites in London based on the past year. It may not come as a surprise, but the top takeout favourite is Chinese food. The top 10 list is:

1. Little Panda Restaurant on Wharncliffe Road
2. Hey Dayz Casual Eatery on Richmond Street
3. O'Zen on Richmond

4. Barakat Downtown on Richmond
5. China Garden on Adelaide Street North
6. Smokin' Joe's BBQ on Dundas Street
7. Barakat on Western Road
8. Pita Pit on Richmond
9. Kings Buffet on Dundas Street
10. Chopstick House on Adelaide North

SCOTT TAYLOR/METRO

Bee deaths. Farmers seethe as Ontario looks to restrict pesticide, not enact a ban

Ontario's governing Liberals are looking at restricting the use of a pesticide that may pose a risk to honey bees, rather than banning it temporarily as recommended by their own working group.

The governing Liberals say they'll start consultations on a potential system in which permits would be required to use plant seeds treated with neonicotinoids.

"The licensing regimen is just one of the options that may be put on the table," said Agriculture, Food and Rural Affairs Minister Jeff Leal.

Devastation

35%

According to the Canadian Honey Council, the bee population in Canada has dropped by an estimated 35 per cent in the past three years.

One of the recommendations of their working group was a temporary ban on the use of neonicotinoids on field crops of corn and soybeans until the federal government completes its re-evaluation of the pesticide.

A Health Canada report has suggested that seeds treated with the insecticide contributed to the majority of bee deaths in Ontario and Quebec in 2012, likely due to exposure to the pesticide-laced dust during planting.

According to the Canadian

Response

"We'll be looking at a very balanced approach based on sound science."

Jeff Leal, Ontario agriculture, food and rural affairs minister

Honey Council, the bee population in Canada has dropped by an estimated 35 per cent in the past three years.

Many fear that the decline will have a severe impact on the pollination of plants and the global food supply.

The Grain Farmers of Ontario said they were "extremely disappointed" with the idea of a licensing system, calling it "a move against Canada's science-based regulatory system."

The organization said the industry has taken measures over the past two years to mitigate the risk to bees. It said ongoing research projects and practices will be important in determining what should be done.

"The effort and leadership grain farmers have demonstrated on this issue has been second to none, and to have this discounted with such a rash move ... is frankly insulting," said chairman Henry Van Annum in a statement.

No date has been set for a decision on what steps the government will take, but Leal says he'd like to have a system in place by the 2015 planting season. **THE CANADIAN PRESS**



Longtime Western track-and-field coach Vickie Croley is more comfortable talking about her athletes than blowing her own horn. CONTRIBUTED

Esteemed coach keeps spotlight on athletes

To the Commonwealth Games. Thoughts dwell on duties, not her third stint as national coach



DAVE LANGFORD
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Western track-and-field head coach Vickie Croley chats easily when it comes to athlete performances at the recent Canadian championships in Moncton, N.B.

Damian Warner, Jessica Zelinka, Alysha Newman, Jen Cotten ... the numbers and accomplishments roll off Croley's tongue.

"Now, you are going (to the Commonwealth Games)?" I ask, knowing full well that she will be heading off to Scotland soon.

While Vickie Croley will soon be off to Glasgow, her home track at Western is also on her mind.

"We need one of those major multi-sport events again to improve our facili-

ties for sure," Croley said, referring to TD Stadium, built to host the 2001 Canada Games.

"We need another (track) now. The aquatic centre is under renovations right now.

"Yes. Actually, let me mention something else from the nationals," Croley says, before carrying on about Western triple jumpers Caroline Ehrhardt and Alicia Smith.

I try a different approach.

"So how many from London are going to the Commonwealth Games in track-and-field?"

"Lanni Marchant is going for the marathon, and then Damian and Jessica and Alysha Newman."

"And you?" I ask.

"Yes."

Croley, in fact, has a major role at the Commonwealth Games in Glasgow, running from July 23 to Aug. 3. There will be 6,500 athletes from 71 countries competing in 17 sports.

Croley will represent Canada as the national combined events coach, with Warner in the decathlon and Zelinka

Glasgow Games

Athletes will compete in 17 sports at the Commonwealth Games.

- Fields range from table tennis to lawn bowling to the more traditional aquatics and hockey.

- You can get all the details at glasgow2014.com.

and Brianne Theisen-Eaton in the heptathlon. Three medals from her group are not out of the question.

This will be Croley's third time as a national coach, having gone to the world championships in Goteborg, Sweden, and the Commonwealth Games in Victoria. She has also been at countless world competitions as a

personal coach.

"You certainly feel a little more sense of national pride when you are there as an official team coach, so it's a little bit more prestigious. But in the big picture I'm just glad that I'm going to be there and able to coach Damian," Croley said.

Marchant, a Londoner who lives in Chattanooga, Tenn., will be in the women's marathon after narrowly missing qualification to go to London for the 2012 Olympics.

Warner and Zelinka, who now makes her home in Montreal, were both at the 2012 Games, with Warner placing fifth in the decathlon and Zelinka seventh in the heptathlon and the 100-metre hurdles.

Newman, a high jumper from Delaware, will be attending her first major international competition.

London track needs upgrade: Coach

Our track needs resurfacing as well and it's going to be (a) fundraising effort to make that happen, unfortunately."

Croley, head track coach at Western for the past 20 years, said the recently

formed London track council will help in the process.

"We've just been in discussions.... So that's kind of our next big project to be working on."

DAVE LANGFORD/METRO

Online ad

Charges laid after teen girl receives improper emails

A London man is facing charges after a teenager reported receiving "inappropriate emails" after responding to an online employment ad.

Police searched a Hillcrest Avenue home on Thursday following the report made by a 17-year-old girl.

As a result, David Giesbrecht, 41, was arrested.

He's charged with three counts of telecommunication with intent to commit a crime involving a person believed to be younger than 18 and two counts of the same charge involving a person believed to be younger than 16. **METRO**

Demolition

Work begins to save façade of former hospital

London Health Sciences Centre is preparing to remove the art deco façade from the front of a former SoHo hospital before its date with the wrecking ball.

The face of the front entrance to the main building of South Street Hospital will be removed this week.

Work started Monday, with the first stones expected to be removed Wednesday, weather permitting.

The façade will be kept for reuse in a future project, though no one's exactly sure what that will be. **METRO**

More than 60 escape Boko Haram's grip

Nigeria. Girls and women kidnapped two weeks ago now free, but 200 taken in April still unaccounted for

More than 60 Nigerian girls and women abducted two weeks ago by Islamic extremists have managed to escape, officials said Monday, though more than 200 girls kidnapped in April still remain missing.

Nigerian security forces and federal officials have denied reports of a mass abduction June 22 from three villages in the northeastern state of Borno. But Chibok government chairman Pogu Bitrus said Monday he had verified that about 60 women and girls escaped last week by sending a representative to meet with some of the escapees and their families at a hospital in Lassa.

Civil patrol leader Abbas Gava in Maiduguri, capital of Borno state, said he was told 63 women and girls escaped Friday while their captors were engaged in a major attack on a military barracks and police headquarters in the town of Damboa.

The Associated Press had originally quoted witnesses and a local official saying that 90 people including about 30 boys had been kidnapped from the three villages on June 22. But Bitrus said those who escaped said no males were abducted with them.

Boko Haram extremists have been waging an insurgency for five years in northern Nigeria, demanding the establishment of an Islamic state.

More than 2,000 people have died so far this year in the Islamic uprising, compared to an estimated 3,600 total deaths in the previous four years.

The group drew international condemnation for the April 15 abductions of more than 300 schoolgirls from a school in Chibok in the northern state of Borno. Some 219 of those girls are still missing.

The government and military failure to rescue them has attracted sharp criticism worldwide.

Boko Haram is demanding the release of detained fighters in exchange for the Chibok girls but Nigerian President Goodluck Jonathan reportedly has refused to consider a prisoner swap.

THE ASSOCIATED PRESS

Vietnam

Military chopper crash kills 16

A Vietnamese military helicopter on a parachute training mission crashed close to the Vietnamese capital on Monday, killing 16 people on board and critically injuring five others, officials and state-controlled media said.

The Russian-made MI-171 helicopter came down about 15 minutes after takeoff in a small village about 40 kilometres west of Hanoi.

Lt.-Gen. Vo Van Tuan, Vietnam military deputy chief of staff, was quoted as saying technical problems were suspected. He said the pilot steered the chopper away from a residential area, preventing other deaths. THE ASSOCIATED PRESS

Chemical weapons

Syria's stockpile needs double-checking: UN

The head of the international effort to rid Syria of its chemical weapons says the next step in the process is investigating possible discrepancies in Syria's declaration of its stockpile.

Sigrid Kaag briefed the UN Security Council Monday, just days after the last of hundreds of tons of Syrian chemical weapons were loaded onto a U.S. cargo ship for destruction.

Diplomats said Kaag told them that technical experts were talking to Syria about discrepancies between the weapons the country declared and what evidence on the ground has shown.

THE ASSOCIATED PRESS



In case of bulls running amok, curl up and take cover

Revellers fall as Torrestrella fighting bulls trot in the running of the bulls of the San Fermin festival, in Pamplona, Spain, Monday. Fifteen people have died from gorings since 1924. The bulls are invariably killed by matadors in evening bull fights, their meat served up in local restaurants. Animal rights activists protested the annual event over the weekend. Scan the photo with your Metro News App to see more photos from the run. ANDRES KUDACKI/THE ASSOCIATED PRESS

Bill C-36. Hearings begin on prostitution law draft

In a rare summer sitting, the House of Commons justice committee is examining Bill C-36, the federal government's proposed new prostitution law. Here is a primer on the proposed law:

Why a new law? Last December, in a case known as Bedford, the Supreme Court of Canada threw out existing prostitution laws, saying they violated the Charter of Rights and Freedoms. The court gave the government a year to bring in new legislation.

Choices: In some countries, such as New Zealand, prostitution is legal and regulated under labour and public health laws. The so-called Nordic model, followed in Norway, Sweden and Iceland, makes buying sex illegal, while selling it is not.

Old law: Selling sex was legal, but living in a bawdy

house or brothel was illegal, as was living off the profits of another's prostitution and soliciting sex in public.

New law: Selling sex remains legal, but buying it becomes a criminal offence. It will also be illegal for anyone to communicate for the purpose of prostitution and prohibits advertising the sexual services of others.

Pros: The government says the bill will protect vulnerable women and keep communities safe by allowing prostitutes to rent apartments, screen clients, hire a receptionist or security guard, and advertise their own services.

Cons: Sex workers say that because buying sex remains a criminal offence, the new law will drive prostitutes back into dark alleys and industrial zones, leaving them at risk.

THE CANADIAN PRESS

Israel. Suspects in deadly abduction confess: Official

Three Israeli suspects in the killing of a Palestinian teenager who was abducted and burned to death last week confessed to the crime on Monday and were re-enacting the incident for authorities, an official said, as the country's leaders raced to contain a public uproar over the slaying.

The authorities reported the confessions as violence continued on Israel's volatile front with the Gaza Strip. Palestinian militants bombarded Israel with some 40 rockets

and mortars, drawing Israeli airstrikes in retaliation, and at least eight Palestinian militants were killed.

The region has been on edge for weeks since three Israeli teenagers were kidnapped and killed in the West Bank. Last week, hours after the Israeli teens were buried, 16-year-old Mohammed Abu Khdeir was abducted from outside his home in east Jerusalem, and his charred remains were found shortly afterward in a Jerusalem forest. THE ASSOCIATED PRESS



Militants at a funeral of two Fatah militants killed by an Israeli airstrike in Bureij refugee camp, central Gaza Strip, Monday. KHALIL HAMRA/THE ASSOCIATED PRESS

The big three. Ottawa aims to open up wireless market with spectrum sale

The federal government offered a new source of hope for Canada's small wireless companies on Monday, giving them a shot at high-quality wireless spectrum earlier than expected and limiting how much can be purchased by the largest players.

Industry Minister James Moore said Monday that the government will hold an auction of high-quality AWS-3 spectrum early next year and set aside about 60 per cent of the available capacity for the companies that have emerged since 2008.

The government has sought to increase competition in the wireless sector that is dominated by Rogers, Telus and BCE's Bell.

However, so far, none of the



Industry Minister James Moore
THE CANADIAN PRESS

smaller rivals to the big three has amassed even a million subscribers — compared with between about 7.8 million and 9.4 million at each of the big three. **THE CANADIAN PRESS**

Virgin Galactic. Tourists set to finally blast off into space for \$200,000 a pop?

Virgin Galactic appears to be getting closer to reaching its long-delayed goal of launching tourists into space.

The company said Monday it has selected Hotel Encanto de Las Cruces as the preferred hotel for its elite roster of passengers, who will pay \$200,000 US a person to make the flights from Spaceport America.

Virgin Galactic also announced a contract with World Class Gourmet of Las Cruces to provide catering for travellers during their training at Spaceport and said it is relocating more of its staff to New Mexico and will be hiring locally in the next few months.

The company is the anchor tenant in the \$209-million futuristic Spaceport America that the state built for Virgin Galactic founder Richard Branson to launch his flights from. But the project and Virgin have been plagued by delays.

The partnership with the hotel, however, addresses concerns about where celebrities

Rewriting history?

2010

Originally, Branson had said he hoped to launch the flights by the end of 2010. The company is now hoping to begin operations by the end of this year, although its public relations agency said in a statement that the schedule "will ultimately be dictated by safety and readiness — as has always been the case."

and others who can afford the pricey flights will stay while they go through pre-space flight training.

Early on in Spaceport's development, there was talk of building an ultra-luxury hotel in the area. And about four years ago, when Branson announced he was creating a Virgin hotel brand, he told a hotel conference one of the first ones might be built near Spaceport. But that never came to fruition.

THE ASSOCIATED PRESS



Earlier this month Stevie Askew, a worker at Sea of Green Farms, packs recreational marijuana into blunts that will be sold in stores when legal recreational pot sales begin Tuesday in Washington state. **TED S. WARREN/THE ASSOCIATED PRESS**

Shops 'stoked' to start selling pot

Rolling in the green?

Washington state issues its first recreational marijuana shop licences to 24 stores

Washington state issued its first retail marijuana licences Monday with a middle-of-the-night email alerting bleary-eyed pot-shop proprietors that they'll finally be able to open for business.

"We're pretty stoked," said John Evich, an investor in Bellingham's Top Shelf Cannabis, in an early morning interview

Sparks excitement

"No one thought legalization could happen in our lifetime. I think this is going to be a little overwhelming for me."

Alison Holcomb, the Seattle lawyer who drafted Washington state's law legalizing recreational marijuana

with The Associated Press. "We haven't had any sleep in a long time, but we're excited for the next step."

Randy Simmons, the state Liquor Control Board's project manager for legal marijuana, said Sunday night that the first two dozen stores were being notified so early to give

them an extra few hours to get cannabis on their shelves before they are allowed to open their doors at 8 a.m. Tuesday. The store openings are expected to be accompanied by high prices, shortages and celebration.

The state licensed 14 stores in western Washington and

10 in eastern Washington.

Spokane has three stores. Vancouver (not the Canadian one), Tacoma and Bellingham each have two. Seattle and the other cities on the list have one each.

The issuance of the retail licences marked a major step that's been 20 months in the making. Washington and Colorado stunned much of the world by voting in November 2012 to legalize marijuana for adults over 21, and to create state-licensed systems for growing, selling and taxing the pot.

Sales began in Colorado on Jan. 1. **THE ASSOCIATED PRESS**

Harsh, man: Marijuana may cost \$25 a gram

Washington state's first recreational marijuana stores open for business this week, more than a year and a half after voters decided to legalize, tax and regulate pot. Some questions and answers about the industry:

Will it be expensive?

Yes. Although some stores say they plan to sell some of their supply for as little as \$10 or \$12 US a gram — compar-

able to what it sells for at the state's unregulated medical dispensaries — others expect it to go for \$25 or more. The issue is mainly supply. Relatively few growers have harvested — the pot being offered for sale in the coming days was grown by only about a dozen producers statewide. According to the two labs certified to check the pot for mould and other impurities, the samples they had tested

by last Thursday represent a maximum initial statewide harvest of about 440 pounds.

How much can adults buy?

State law allows the sale of up to an ounce of dried marijuana, 16 ounces of pot-infused solids, 72 ounces of pot-infused liquids or seven grams of concentrated marijuana, like hashish, to adults over 21, whether you're a Washington resident or not.

Where does the tax money go, and who's paying for programs to prevent problems?

The measure voters passed in 2012 directs 40 per cent of the new revenues to the state general fund and local budgets, with the rest dedicated to substance-abuse prevention, research, education and health care. But tax revenue hasn't come in yet.

THE ASSOCIATED PRESS

Market Minute



DOLLAR
93.66¢
(-0.18¢)



TSX
15,172.93 (-42.03)



OIL
\$103.53 US (-\$0.53)



GOLD
\$1,317 US (-\$3.60)

Natural gas: \$4.23 US (-\$0.11)
Dow Jones: 17,024.21 (-44.05)

HOME IS WHERE THE HARD IS

I've watched enough television programs in my life to know that when it comes to renovating your home, anything that can go wrong, will go wrong. Still, like every naïve homeowner who decides to embark on a home improvement project, I didn't think it would ever happen to me.

Everyone knows that renovations take twice as long and cost twice as much as you ever plan for. We've all heard second-hand tales of dishonest contractors and unexpected extra costs that add up.

And yet, spending on home renovations in this country has doubled in the past 15 years. According to a new report by real estate consulting company Altus Group, Canadians spent a record \$63.4 billion on repair and remodelling projects in 2013 alone. Industry experts attribute this surge in spending to popular reality TV shows that have us all yearning for flashy finished basements, open-concept kitchens and designer en-suite bathrooms.



SHE SAYS
Jessica Napier
metronews.ca

mould.

Thousands of dollars, hours of effort and countless tears later, we are still without air conditioning. It would be funny if it wasn't

Like the rest of Canadians under the influence of this so-called HGTV effect, I too am keen to add value to my own small piece of property.

My boyfriend and I decided that this year's upgrade project would be to install central air conditioning in our townhouse.

I never would have imagined that something that seemed like such a simple undertaking would result in a series of disasters that would leave us without hot water, without a working toilet and without the will to go on.

Roofers, plumbers and electricians — all of them inexplicably named Mike — have paraded through our home to evaluate and overcomplicate the various steps involved in the project.

We've grappled with water damage to our ceiling, a carbon monoxide leak and the threat of

Tough reno

I used to think I was pretty resilient in a crisis but recently I've been averaging about three major meltdowns a day.

such a terribly long and expensive headache.

There's nothing like a home renovation nightmare to test your relationship and your own emotional resolve.

I used to think I was pretty resilient in a crisis but recently I've been averaging about three major meltdowns a day. I'm not even concerned about keeping the project on budget anymore as I'm much more worried about keeping my sanity.

I know that one day this whole ordeal will just be a humorous anecdote I share at dinner parties, but for now I'm confused, frustrated and very hot.

I guess the only thing to do is to keep calm and carry on with plenty of patience and a powerful oscillating fan.

HEAVY RAINS IN MUMBAI



A boy stands beneath water pouring from a roof during monsoon rains in Mumbai, India, Monday. The monsoon rains usually hit India from June to September but this year's rains got off to a slow start. RAFIQ MAQBOOL/THE ASSOCIATED PRESS

Surviving monsoon season

Everything gets soaked when the monsoon arrives in Mumbai and every year the poor neighbourhoods are the worst hit.

Many of the city's sprawling slums are built at sea level, hugging the shores of brackish rivers or the Arabian Sea. Brown water, and sometimes the garbage and dead rats it carries, pours into the shanty homes, making it almost impossible to stay dry.

In Ganesh Murti Nagar, a typical slum in south Mumbai, residents shared their tips on how they get through the monsoon season:

1. Live the high life. Residents build their beds and shelves high above the ground, so they can sleep and store their belongings above rising waters.

2. Don't cook. The classic Mumbai street snack, Vada pav — a spicy potato-patty on a bun — becomes a staple because cooking and storing food become so difficult with all the water.

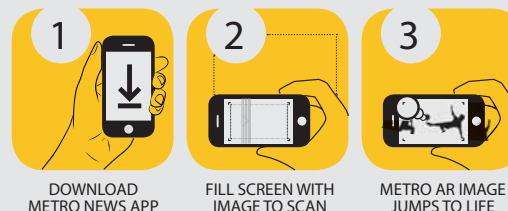
3. Stay home. If you don't have to be at work — and even when you do — often the best option is to just wait in bed for the filthy tide of water to recede.

4. Put plastic on everything. Even the best-built slum homes can leak, so people tend to try to waterproof everything.

5. Keep the power off. To prevent getting shocked, people prefer to keep the power off when it's raining. To move around at night, they use flashlights and the light from their cellphones. BLOGS.WSJ.COM

METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...



In this issue, you can find AR enhancements on page 4 in News, page 7 in Scene and page 14 in Sports

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!
3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.



MetroTube

The leak that wasn't



ANDREW FIFIELD
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All in all, we seem to be handling the approaching Star Wars sequels with remarkable grace and calm, though it's hard to say whether that's because the 2015 release date seems like a galaxy far, far away or if we're still too wounded by the prequels to love again.

Either way, we can look forward to a steadily increasing supply of fan service — either made by fans or cleverly made to fool us into thinking it was. You can see what seems to be the former here as Imperial military forces enjoy a little downtime at a Frankfurt airport, created and cruelly titled by Frank Wunderlich. (Frank Wunderlich/YouTube)



SCREENGRAB

DVD review



Bad Words

Director. Jason Bateman

Stars. Jason Bateman,
Kathryn Hahn

How do you spell nasty? It's B-A-D W-O-R-D-S. This sting-
ing comedy about a hateful
adult crashing a kids'
spelling bee is the feature
directing debut of actor
Jason Bateman, who also
stars. Bateman's Guy Trilby
is the most sexist, racist,
homophobic, profane and
unscrupulous spelling bee
participant you could pos-
sibly imagine. Trilby is also
40 years old, which makes
him a serious anomaly
amongst the grade school
kids he's competing against.
By exploiting a loophole,
he's out to win the National
Quilt Spelling Bee, much
to the consternation of the
administrator (Allison Jan-
ney) and an elder statesman
(Philip Baker Hall). Almost
unrelenting in its takedown
both of an American insti-
tution and the country's
obsession with victories big
and small, Bad Words is
more misanthropic fantasy
than satiric fiction.

PETER HOWELL

Nymphomaniac Vol. 1 & 2

Director. Lars von Trier

Stars. Shia LaBeouf

Danish provocateur Lars
von Trier sells Nympho-
maniac as a randy celebrity
romp: Charlotte Gains-
bourg, Shia LaBeouf, Stellan
Skarsgård, Uma Thurman
and others getting up to
very naughty things. This
reductive approach really
doesn't do justice to a com-
plicated work — spanning
two volumes, four hours
and eight chapters — that
asks serious questions
about how women are
viewed and treated in a
male-dominated world. It
makes you wonder how
much von Trier under-
stands his own film.

PETER HOWELL

Ethan Hawke reflects on percolating project

Boyhood. Actor
spent a dozen years
working with director
Richard Linklater to
create latest film



NED
EHRBAR

Metro World News in Hollywood

Ethan Hawke has been wait-
ing a long, long time to talk
about his new film, Boyhood.
Directed by regular collabor-
ator Richard Linklater, the film
was made a month at a time
over the course of 12 years to
chronicle the development
of a boy (Ellar Coltrane) from
ages five to 18 and his parents
(Hawke and Patricia Arquette).

When was it OK to start talk- ing openly about this project?

You know, it's strange because
the way the Internet has
exploded through the course
of making the movie, that
became a kind of dialogue.
Last year when Rick and I were
doing the release of Before
Midnight, people really started
asking us a lot about it for the
first time. And for a long time,
even if it would be on IMDb
or something, it didn't really
make people's radar. It was
hard for people to even under-
stand what we were up to, and
we certainly didn't want to
talk too much about it before it
was real. The truth is we really
tried not to talk about it, but
sometimes it was impossible.
I would get too excited and I
have a blabbermouth anyway.

Keeping a level of filmmaking consistency over 12 years seems rather daunting.

It's an overused word, but Rick
really had a vision. Most mov-
ies are sprints and just require
an immediate kind of disci-
pline, but this movie required



Boyhood opens in select theatres this summer. CONTRIBUTED

real patience. Rarely in film do
you have that kind of gestation
process. Rick was kind of born
a fully developed filmmaker.
I mean, Dazed and Confused
was his second film and it's
an incredibly well-made film.
He hasn't changed much, so
I don't think it was hard for
him to maintain a continuity
of style and approach over 12
years. It's just who he is.

At this point, how much of your life has been spent being directed by Richard Linklater?

It's funny, you know, I've made
eight films with Rick, so I've
spent a large chunk of my life
on film sets with him. And if
you add up all the promotion
and all the rehearsal, it starts
to be a huge chunk of my
life. And I just can't think of
any better way to spend it. I
don't know how to say these
things so they don't come out
the wrong way, but Linklater

has a specific kind of ethos
to his films that I'm really
happy to be a part of. So many
movies, even if they're really
entertaining and exciting and
thrilling and everything, they
leave you kind of feeling badly
about your own life — like
why you're not a superhero
or why you don't ever get to
meet blue aliens. Even being
on the Titanic seems exciting!
And our lives seem so full of so
much minutiae and seem so
much less than your average
CIA narrative. But Rick seems
to be satisfied with life as it is,
and he doesn't feel the need to
hyperbolize life.

It's odd that we don't see a lot of weekend dads in movies, despite how normal it is.

Yeah, it's funny how com-
mon the situation is and how
rarely we see it reflected in
stories, you know? We see very
dramatic portraits of terrible

AUGMENTED REALITY

→ Scan this photo with your Met-
ro News app to watch the trail-
er for Boyhood, and just try not
being moved.



→ See the full
instructions
on Metro's
Voices page.

parents or stereotypical good
parents, but you don't really
see them both at the same
time very often — you know,
parents struggling to be good
parents and failing sometimes
and succeeding other times,
much like our own parents
and much like ourselves. I
don't know, it feels like a
privilege.

Gone Girl. Just released movie posters offer some 'clues' to new Affleck flick

The posters are out for David
Fincher's forthcoming thriller,
Gone Girl, which stars Ben Af-
fleck as a husband whose wife
has gone missing. Each one
shows an object apparently
linked to Amy's disappearance.

The four posters show four
items enhanced in police evi-

dence bags: a box cutter, a bra,
a burned note and a photo. All
of these clues, which are pic-
tured under the ironic tagline
"Happy Anniversary," should
help the police to track down
Amy.

Nick (Ben Affleck) and his
wife, Amy (Rosamund Pike),

appear to be a perfect couple.
After Nick loses his job in New
York, the family leaves the city
to settle in the small Missouri
town where Nick grew up. On
the day of their fifth wedding
anniversary, he finds his house
in disarray and his wife mis-
sing. The film opens Oct. 3. AFP



2 SCENE



Solange ALL PHOTOS GETTY IMAGES

Solange comes clean about Knowles family drama ... sort of

It's been the most anyone had talked about Solange, well, ever, and that's unfortunate because she has a killer voice and amazing style. But the blogosphere just can't resist some Knowles family drama.

Now, Solange is (sort of) coming clean about the whole fight between herself and Jay Z that happened at

the Met Gala in May. "What's important is that my family and I are all good," she tells Lucky magazine, adding that she hopes she never has to talk about this whole thing ever again. "What we had to say collectively was in the statement that we put out, and we all feel at peace with that," she says.



Chris Colfer

No, Chris wasn't let go from Glee, and no, Michele isn't pregnant

Glee fans got a bit of a shock last week when series star Chris Colfer tweeted that he'd been let go from the show ahead of its final season, but it turns out it was all the work of a hacker with an odd sense of humour.

"We've been alerted that Chris Colfer's Twitter account has been hacked. Rumours of his dismissal from Glee could not be further from the

truth," a rep for 20th Century Fox TV says in a statement.

And Colfer wasn't the only cast member to have their account hacked. Co-star Lea Michele was just as surprised as anyone when her Twitter account suddenly read, "Before this gets out to the media, I would like to announce to my fans that I am pregnant," along with the hashtag "baby boy."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Joan Rivers can dish it, but she can't take it

LISA WEIDENFELD
Metro World News in New York City

Joan Rivers had quite the weekend. After footage surfaced of her calling President Barack Obama gay and the first lady a "tranny," she then went on CNN to talk to Fredricka Whitfield about her new book.

Whitfield pushed her a little bit about her meanness, and then Rivers got tired of the interview, told Whitfield she shouldn't be interviewing comedians and departed. There's even a literal mic drop, as she starts to pull it off when she decides to go.

Whitfield, who in the moment seems to think it's all in good fun, clarifies that it was not actually a prank at the end of the video. Rivers really did get mad that Whitfield asked her about her decision to wear a fur coat. It's possible that it wasn't specifically Whitfield who pushed Rivers over the edge — she's been getting flak for years about whether she's too mean, and Whitfield may simply have been the last straw.

One might be tempted to point out that it was a bit on the nose to say that famous people should be able to handle a little criticism before getting offended by "negative" interview questions and walking out, but we wouldn't want to be accused of being the wrong journalist to comment on a comedian.



Zac Efron

Zac's new relationship is fast and furious

It's safe to say no one saw this coming. Zac Efron has been spotted locking lips with ... Michelle Rodriguez?

The odd couple has sparked dating rumours during their trip to Sardinia with wealthy Italian pal Gianluca Vacchi, who took Efron, Rodriguez and friends out on a leisurely daylong yacht excursion. It was there that the scantily clad stars

were spotted getting frisky with each other and locking lips — which is odd, because we thought Rodriguez liked girls and Efron was more into drugs, but whatever.

For one thing, the makeout session would suggest Rodriguez is no longer seeing girlfriend Cara Delevingne. We could make a Fast and Furious joke here, but honestly we're a little too caught off guard.

Miley mourns her dog with a tattoo and, of course, nearly topless photos

Since Miley Cyrus is still mourning the loss of one of her dogs, Floyd, she apparently decided to honour him in a very permanent way.

The Wrecking Ball singer posted photos on Instagram of herself and two friends sporting matching tattoos of a crudely drawn portrait of Floyd along with the words "with a little help from my friends" on their torsos.

The tattoos appear to be real, unfortunately, and it looks like they were applied during a house party. She was even good enough to include a



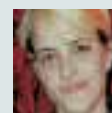
Miley Cyrus

shot of her getting inked. And, as is her wont, she made sure to stick her tongue out in each of the nearly topless photos.

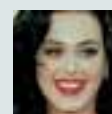
Twitter



@Harry_Styles
Sooooo... The weather?



@samantharonson
At some point in my life I made a mistake and am now someone who doesn't know anyone who owns a boat of any kind.



@katyperry
Social media: a great place to start your psycho-analysis on someone!



One sign you need a holiday? When you sprout another set of arms. EEK! THINKSTOCK

The vacation fairy is calling

Stress experts tell Metro when it's time to take a break, before your stress breaks you.

ROMINA MCGUINNESS
Metro World News

Your mind feels like mush

According to research by Harvard Medical School, the stress response kicks off in the brain: the eyes and ears send information to the amygdala, responsible for emotional processing, which then sends a distress signal to the hypothalamus, the command centre, which then communicates with the rest of the body via the nervous system. Blood is rerouted to organs, and away from the brain. "If you're constantly stressed and keep starving your brain of oxygen and blood, you're no longer going to access full mental capacity," says stress coach Dr. Cynthia Ackrill.

You have dry, yellow-y skin

"The moment your body senses danger the narrowing of blood vessels occurs. Arteries and veins constrict to stop you from bleeding to death, in case you get wounded," says oxidative stress expert Dr. Simone Laubscher. But you don't need nice skin to survive, right? Precisely why it's the last area that's going to get blood: "The skin is not just a cover, it's a living organ. And if it's not getting the right amount of oxygen or nutrients, it's going to look pale and sallow," Laubscher adds.

You feel fat

According to Dr. Kathleen Hall, founder and CEO of The Stress Institute and Mindful Living Network, if your cortisol levels are out of whack, your whole system will spiral: "Cortisol is a stress hormone. It has the power to make your system race or slow. Take your metabolism: When you're under acute stress, your body needs more energy, so your expenditure goes up. But as this stress develops into a chronic condition and your body becomes increasingly fatigued, the cortisol slows everything back down. Because if it doesn't, you won't cope."

You're not breathing properly

"Stress causes your breathing to become rapid and shallow. You're getting oxygen in, but not releasing enough carbon dioxide (Co2). This build up of Co2 is toxic, and can lead to acidosis, a condition in which there is too much acid in the body fluids," explains Laubscher. The obvious solution? Exhale, says Ackrill. "By slowing down the breath and making your exhale longer than your inhale, you're sending signals to the brain telling it to calm down."

Your digestive system is slow

"Digestion is controlled by the central nervous system (CNS), so when the stress activates the fight-or-flight, it's suddenly all about survival — not the cheesy nachos you had for lunch. So even though your GI tract is one of the most muscle-strong systems in the body, what's going on in there isn't of critical importance; the CNS can just shut down the blood flow there and reroute it to the vital organs," Hall says. This means that until the stress is over, your stomach, and therefore digestion, is on hold. Gross!

3 LIFE



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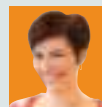
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Health Solutions

There's more to potassium than bananas

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

In the summer, fruit incorporated into main meals makes a big splash.

Of course, a handful of berries or a ripe peach is a great snack, but the combination of the tartness of citrus and softness of fresh herbs opens a whole new savoury door.

Bananas get all the attention as foods that are high in potassium, which is needed to regulate blood pressure and muscle cell regulation.

It is best to get potassium from food since it is easy to throw off the electrolyte balance with supplements.

Citrus fruits are also good sources but with about half the carbs of bananas. Too much sugar in the bananas makes them suspect in managing blood sugar. Plus,

citrus can swing both ways from sweet to savoury.

It is suggested that you get at least 4,700 mg of potassium each day.

The sources of potassium are deliciously varied:

- 5 oz fish = 626 mg
- 1 baked potato = 610 mg
- 1 banana = 422 mg
- 1/2 cup beans = 566 mg
- 1/2 avocado = 487 mg
- 1 cup milk = 387 mg
- 3/4 cup yogurt = 362 mg
- 1 orange = 237 mg
- 1 lemon = 116 mg
- 1/2 grapefruit = 166 mg
- Lime = 68 mg

What you really want to do is to vary the delivery system and find a whole lot of flavour doing so.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Citrus is the new salsa kid on the savoury block — really

THERESA ALBERT

myfriendinfood.com

There is nothing more fresh and light than citrus, and using it in savoury ways is no different. Rather than the usual tedious squeeze of lemon on your fish, try this combo that adds just enough acid to enhance the flavour and loads of vitamin C.

Ingredients

- 1 orange (segmented)
- 1 lime (segmented)
- 1 lemon (segmented)
- 1 grapefruit (segmented)
- 1/2 red onion, sliced thinly
- 1/4 cup honey
- Extra virgin olive oil
- 1 sprig of cilantro, chopped
- Salt and pepper
- 2 fish filets of your choice, lightly seasoned with olive oil, and salt and pepper

START TO FINISH ABOUT 25 MINUTES



This recipe serves two. COURTESY THERESA ALBERT

1. Toss together orange, lime, lemon, grapefruit, red onions, honey, oil and cilantro. Add salt and pepper. Let sit for about 20 minutes to meld the flavours.

2. Pre-heat a pan over medium

heat for 2 minutes. Alternatively, place a piece of foil on the bbq and add a teaspoon of oil.

3. Place fish filet down in pan or on foil for 2 minutes, depending on thickness. Flip

once. Serve with citrus salsa.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Smoked salmon adds sophistication

1. Heat the oven to 425 F.

2. In a medium bowl, toss the potatoes with 1 tablespoon of the olive oil. Season lightly with salt and pepper. Transfer the potatoes to a baking sheet, then roast until tender and lightly browned, 15 to 20 minutes. Transfer the roasted potatoes to a plate and refrigerate just until no longer hot, about 10 minutes.

3. While the potatoes cook and cool, use a mandoline or food processor to shave the fennel as thinly as possible. Do the same with the onion. Set aside.

4. In a large bowl, whisk together the vinegar, 2 tablespoons of the remaining olive



This recipe serves four. MATTHEW MEAD/THE ASSOCIATED PRESS

oil, the mustard, sugar and a hefty pinch each of salt and pepper. Add the shaved fennel and onion, then toss until

well coated. Divide the mixture between 4 serving plates. Top with the cooled potatoes.

5. Divide the salmon into thin slices. In a medium bowl, drizzle the salmon with the remaining 1 tablespoon of olive and the lemon juice. Gently toss to coat, then season with pepper. Mound a quarter of the salmon over each salad, then sprinkle with fresh dill.

THE ASSOCIATED PRESS

Ingredients

- 12 oz new potatoes, quartered
- 4 tbsp olive oil, divided
- Salt and ground black pepper
- 1 large or 2 medium bulbs fennel, trimmed
- 1/2 small red onion
- 2 tbsp rice vinegar
- 2 tbsp whole-grain mustard
- 1/2 tsp sugar
- 8 oz cold-smoked salmon
- 1 tbsp lemon juice
- Chopped fresh dill



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CONTINUE TO LEARN WHILE YOU WORK

FOCUS ON TRANSFERABLE SKILLS THIS SUMMER

Summer is in full swing, and many university and college students have been working for a few weeks or are about to start. In terms of gaining valuable experience, it doesn't matter if you are working in your area of study or not.

"There are a number of important lessons that can be learned with any job, including summer jobs you know will end in a couple of months," says Connie Clace, a certified professional coach and the owner of Connie's Career Coaching Services in Mount Uniacke, N.S.

ENHANCED COMMUNICATION

Effective communication skills can benefit you in all aspects of your life, and each job will help develop these skills. "You can see how your communication skills affect those you deal with," Clace says. Try to determine which communication styles work for you.

TRANSFERABLE SKILLS

Once you have decided on your career path, research that industry or sector and find

out what skills and attributes are typically required. "Once you've identified those skills you can look at your summer job and see what you're doing that will help develop those skills to better position you for your career job," Clace says.

STRONG WORK ETHIC

Whether you are babysitting or bartending for the summer or the CEO of a major corporation, you should always put 100 per cent into your performance. "You never know whom you will meet in the course of doing your job and who may play a role in your future," Clace says.

CONFLICT RESOLUTION

At some point, every job will present some sort of conflict. It's important to handle those tense times with professionalism and respect. "Dealing with minor conflicts in your summer job can provide you with the skills to deal with major conflicts in a career position," Clace says.



SHUTTERSTOCK

IDENTIFYING STRENGTHS AND WEAKNESSES

You will learn where you thrive and where you don't. "I had one summer job where I did vacation relief in an office, including filing,

bookkeeping and reception," Clace says. "I hated answering the phones, so I ensured that I didn't choose a career where my primary function would be receptionist duties."

— Jane Doucet



CONTRIBUTED

Medix's PSW program teaches practical skills

The personal support worker (PSW) training at Medix College trains individuals for a rewarding career caring for people, while respecting their dignity.

"As in many developed countries, Canada's population is aging, and Canada's seniors are healthier and living longer," says Jeffrey Miller, educator at Medix College.

"With the aging population, there is an immediate need to train more PSWs in London, and surrounding areas."

Miller says Medix's didactic health education classroom teaching develops soft skills as well as applied preclinical outcomes.

The education model at Medix College mirrors the work force, supervised hands-on experience and applied theory.

Miller says a student who makes a 100 per cent commitment to the experience, ends up with many fantastic employment opportunities.

"It is awesome to see our PSW graduates moving into paid work, often as soon as they graduate," says Miller.

Located in a brand new, state-of-the-art facility in downtown, Medix offers students plenty of free parking and is also convenient to access via bus.

"The campus is appealing to students of all ages who are eager to learn a specific career and start working in a short period of time," says Miller.

The next start dates for the PSW program are July 21 and Sept. 8, 2014. For more information, visit medixcollege.ca.

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A career in occupational health and safety leads to many opportunities

Western's practical approach gives grads a competitive edge

The great thing about pursuing a career in occupational health and safety (OHS) is that there are opportunities in almost every industry.

Western Continuing Studies diploma in occupational health and safety management (OHSM) prepares students for careers in the public and private sectors, such as health care, education, manufacturing, governments of all levels, oil and gas and construction.

"Health and safety is an exciting and growing profession that combines both health care and business management," says Nicole Tate-Hill, program manager of diplomas at Western Continuing Studies.

"The program is the perfect balance of theoretical and practical experience, with eight months in class and four months in a work placement."

REQUIREMENTS

Students can take courses individually for professional development (registration for fall 2014-winter 2015 begins July 2).

Those wishing to apply for the diploma, a degree is required.

Applications for the diploma open in November.

The program runs September to August.

Students of this program learn about workplace hazards and prevention.

"We equip students with the tools they need to pursue a career in the area of OHS that they find most interesting and fulfilling," says Tate-Hill.

All of Western's OHSM courses are taught by industry experts, and students are provided with the most up-to-date processes, procedures, standards and information.

They leave the program with a thorough



understanding of OHS legislation combined with the skills to meet and exceed the vocational expectations of an occupational health and safety specialist.

All of their assignments are based upon tasks and duties they'll be expected to perform when they begin their career.

"The most exciting part of studying OHSM here at Western Continuing Studies is that you can really see a practical application for every assignment you submit; for every in-class activ-

ity you participate in or online discussion you contribute to, you see how it will apply to your career," says Tate-Hill.

By the time students complete the OHSM program, they have the specialized skills, knowledge and experience to differentiate themselves in the job-search process.

Western also offers online courses which are open to health and safety professionals wanting to take individual courses for professional development.



CONTRIBUTED PHOTOS

Update your education to stay current with trends

Occupational health and safety management is a key element to any organization and it needs to be done correctly within a certain set of laws and regulations.

"Managing is about co-ordinating and executing a plan that requires working with people as well as systems," says Daniel Curts, instructor in the occupational health and safety program at Western Continuing Studies, and senior technical specialist, 3M personal safety division, 3M Canada Corporate Labs.

"Managing (Occupational Health and Environmental Services) requires knowledge of the laws that surround these subjects as well as the systems and parameters that each company has."

Curts says individuals working in health, safety and the environment (HSE) always have a need to be current on trends within HSE as well as regulatory and guideline changes.

"The task of staying current is an ongoing challenge and can be made even more difficult by the regular job or career workload," says Curts.

"The Western program helps answer some of those challenges by keeping their HSE courses fresh and including real work experiences in the curriculum to make the learning experience meaningful to the students including those who are already practising professionals."

At Western, there are several aspects of the

TOWARD A GOAL

The courses also would be considered as Continuing Education units or points toward maintaining certifications in health and safety.

Curts says the value alone in garnering these points make the courses even more attractive to the working professional.

program that make this school appealing to students.

"First is the depth of subject matter," says Curts.

"There are a number of courses related to health, safety and the environment that are structured to give students a very good grounding in the legal and ethical aspects of HSE as well as the practical and financial considerations."

The professors at Western are all practicing HSE professionals, which allows for more in-depth discussions than just textbook information. Another benefit of these courses is the flexibility.

Online courses allow individuals with work commitments or other life priorities to still pursue advanced knowledge in HSE on a schedule that matches their time availability as well as their global location.

For more information, visit wcs.uwo.ca.

NO RESTRAINTS WITH ONLINE LEARNING

Through Western Continuing Studies, it is easier to achieve your goals, wherever you are.

Online learning provides the flexibility to learn by removing the limits of time and space.

Whether it is family commitments at home, or continuing to work while working towards an educational goal, studying online has been proven to be a convenient and cost-effective method for many individuals

pursuing a higher education.

Learn on your own schedule and study during the times of the day when you are at your most productive.

As the demand for high-quality, online courses and programs increases, the goal at Western Continuing Studies is to ensure that the courses in the virtual classroom are as rich and meaningful as the traditional face-to-face model.

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Kittel makes it 2 out of 3 in English leg of Tour de France

Marcel Kittel of Germany and Team Giant-Shimano celebrates as he wins Stage 3 of the Tour de France from Cambridge, England, to London on Monday. Kittel also won the first stage. Monday's race wrapped up the English debut to the 101st Tour edition with Italy's Vincenzo Nibali retaining the overall leader's yellow jersey. Scan the image with the Metro News app for additional photos from Stage 3 of the Tour de France.

DOUG PENSINGER/GETTY IMAGES

Feherty stories are a must-tell

TV personality.
Golf celebrity makes stop in London



DAVE LANGFORD
dave.langford@metronews.ca

It's a story often told by David Feherty — about himself — and it bears retelling because it sums up his life, before he stopped drinking in 2006.

Feherty, star of the Golf Channel show by the same name and CBS sideline golf reporter since 1995, was in London on Monday night to put on a two-hour show at the convention centre.

Now, back to that story.

The year was 1986 and Feherty, a globe-trotting golf professional at the time, had just won the Scottish Open. He was presented with the championship trophy, the oldest in professional sport. Three hours later, it was lost.

"No, I don't know where that is. There is no romantic ending to that story," Feherty told Metro before stepping on stage Monday. "They lost the British Open trophy (Claret Jug) at one stage, and somebody's Jack Russell found it in a hedge. I did a better job. I

just lost the ... thing."

The stories now are different, but every bit as humorous and every bit as insightful to the point that the New York Times called him "a cross between Oprah Winfrey and Johnny Carson."

In addition to his friendships with golfer Mike Weir and hockey's Wayne Gretzky, Feherty's love of Canada revolves around the plethora of great comedic talent we produce. He lists off several names.

"I think it's because Canadians just don't take themselves seriously, which is what I want on my tombstone: 'He didn't take himself seriously, oops.'"

But back to golf where he believes Tiger Woods will be on top again, sooner rather than later.

"He will be No. 1 in the world again before very long because the thing is he doesn't have to play well to be No. 1 in the world. He hasn't played well in six years, and he's been No. 1 in the world for most of them."

And when he was told he would be meeting 100-year-old London golfing legend Ed Ervasti Monday evening: "Well, you thought he would have had the sense to give it up by now, but that's fair play



David Feherty, on his highly successful Golf Channel show: "I show up and interview people. Really, I don't interview them. I just listen to them." GETTY IMAGES

to him," Feherty said.

All proceeds from the night

went to the London Children's Health Foundation.

Tennis

Raonic, Bouchard rise in rankings

Milos Raonic rose three spots to No. 6 in the ATP men's tennis rankings, while fellow Canadian Eugenie Bouchard also reached a career high as she moved up six spots to No. 7 on the women's WTA list.

Wimbledon doubles champion Vasek Pospisil of Vancouver also made a big jump, surging from No. 94 to No. 33 in the men's doubles rankings.

Bouchard, from Westmount, Que., made the jump after advancing to Saturday's Wimbledon women's final, where she fell 6-3, 6-0 to Petra Kvitová. Bouchard is the first Canadian to reach a senior singles Grand Slam final.

On the men's side, Raonic, from Thornhill, Ont., jumped to No. 6 after reaching the first Grand Slam semifinal of his career, where he fell 6-4, 6-4, 6-4 to Roger Federer.

THE CANADIAN PRESS

MLB

Encarnacion starts DL stint

The Toronto Blue Jays placed slugger Edwin Encarnacion on the 15-day disabled list with a right quadriceps strain and activated outfielder Nolan Reimold before Monday night's road game against the Los Angeles Angels.

Encarnacion, who has a .277 average with 26 home runs and 70 RBIs, suffered the injury while legging out a grounder on Saturday in Oakland. He's expected to miss at least two weeks and won't be able to play in the upcoming all-star game.

THE CANADIAN PRESS

Murder charge

Judge allows Hernandez to transfer jails

Former New England Patriots player Aaron Hernandez can transfer to a jail closer to Boston for easier access to his lawyers while he awaits trial on a murder charge, a judge ruled Monday.

Hernandez is accused of killing Odin Lloyd in June 2013. He is also charged in Boston in the 2012 killings of two men. He has pleaded not guilty in both cases.

THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 14 Across?
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Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

You know fate is what you make of it and today you are determined to make of it something grand. The future? Bring it on!

♉ Taurus

April 21 - May 21

The planets indicate the right time for making your mark on the world is now. Don't wait to be asked — elbow your way to the front and just do it.

♊ Gemini

May 22 - June 21

It may be tempting to neglect certain responsibilities but others are watching you closely. If you cut corners it won't do your reputation a lot of good. Make an effort.

♋ Cancer

June 22 - July 23

It's the best time of the year for you. Even a setback of some kind today won't wipe the smile from your face. You know every setback brings a new opportunity.

♌ Leo

July 24 - Aug. 23

The Sun's transit of the most sensitive area of your chart is to blame if you just can't face the world at the moment. That's OK — you don't have to.

♍ Virgo

Aug. 24 - Sept. 23

You will have to be firm with someone today but you will also let them know that if they stick with you they will get their fair share of the glory.

♎ Libra

Sept. 24 - Oct. 23

You seem to be in a bit of a slump. You're an ideas person, so think of ways to boost your productivity.

♏ Scorpio

Oct. 24 - Nov. 22

Today's link-up between the Sun and Uranus means you won't hesitate to strike out in a new direction. Life is too short for not taking chances.

♐ Sagittarius

Nov. 23 - Dec. 21

Listen to what friends and family members have to tell you over the next 24 hours and, if their advice sounds good, act on it. Don't let your ego get in the way.

♑ Capricorn

Dec. 22 - Jan. 20

You like to take your time with new ideas but if you do that today you could miss out. The first idea that comes into your head is the one you must follow, no matter how silly it might seem to begin with.

♒ Aquarius

Jan. 21 - Feb. 19

Today's link between the Sun and your ruling planet Uranus will give you the impetus you need to change those areas where you are still not happy with your performance.

♓ Pisces

Feb. 20 - March 20

You need to get your act together and get something started today. Don't be afraid of change — change is your friend and ally.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. 1995 Shania Twain album: 'The Woman'
5. Juice: French
8. Royal ___ (Canadian real estate company)
14. Study hard
15. The Col.'s eatery
16. Fishing nets
17. Ramin ___ (Canadian singer/stage star)
19. Became quite warm: 2 wds.
20. Athens' country, to the IOC
21. Bout ends, e.g.
23. 'Excess' suffix
24. California baseball team [acronym]
26. Composer Mr. Mahler
29. Take flight
30. Airport sched. word
31. Garden dweller
32. Boos!
33. Meaningful
35. Belonging to Memphis' li'l state
36. Cole Porter's "___ Clown"
37. #59-Across can be worn as one: 3 wds.
43. Ms. McGillis, briefly
44. Can
45. Shredded cabbage
46. Celebrate
49. Treaty of ___ (War of 1812 finisher)
51. Disney deer
52. Grimace

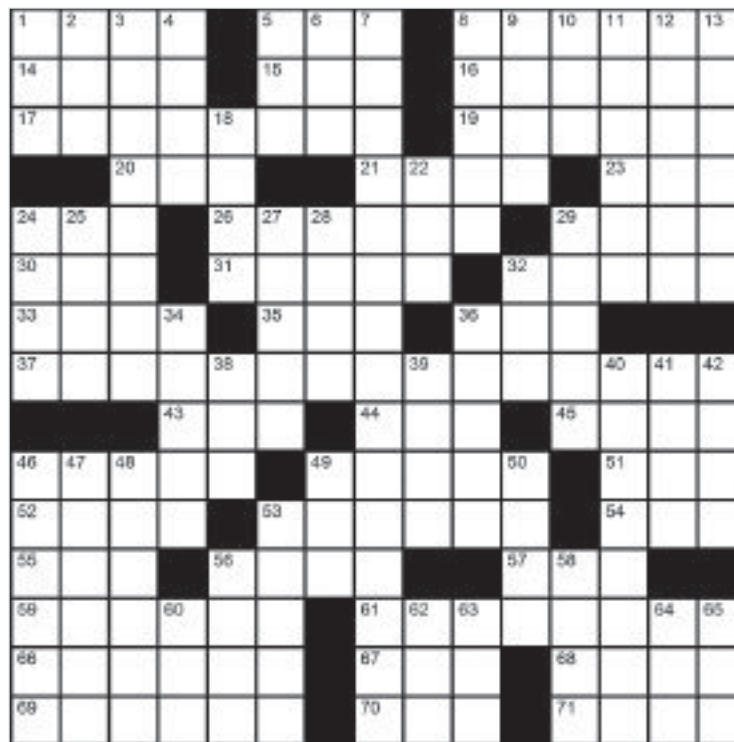
53. Silk-spinner
54. '___' in Xylophone
55. "___ Pat" (1994)
56. 7th Greek letters
57. Calgary's prov.
59. LBD = ___ Black Dress
61. Banff National Park: Valley of the

66. Tchaikovsky's Symphony No. 5 key,
67. Virgo's predecessor
68. Fox musical dramedy
69. Submitted by post: 2 wds.

70. Ums...
71. Hip poetry event

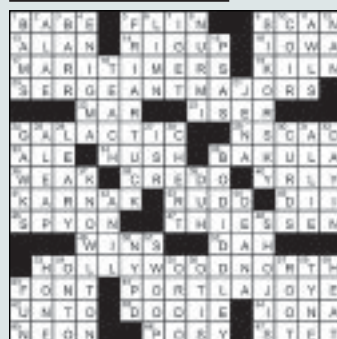
Down

1. "Eew."
2. Firearms org.
3. Queen Elizabeth's younger sister
4. Title in Turkey
5. Alphabetic trio
6. ET's ride
7. One of the four floral emblems on The Arms of Canada: 2 wds.
8. ___. ___. (Provincial representative)
9. Greek Myth: God of love
10. Butter portion



11. For some time
12. Shelly ___ (Canada's Heritage Minister)
13. Makeup maven Ms. Lauder's
18. Ms. Ryan's
22. Mr. Penn
24. Cheryl of "Charlie's Angels"
25. Region
27. Up to
28. Crooned
29. Achievements
32. Game: French
34. Orange ___ (Tea)
36. Good luck! = ___ chance!
38. Napoleonic Wars marshal
39. Linked
40. ___ Technology, as per Gillette's new ProGlide razor
41. Collector's suffix
42. Shakespearean word
46. Actor Mr. Hirsch's
47. Guess Who song: 2 wds.
48. Canuck singer Mr. Bieber
49. 4.0, e.g.
50. Snare
53. "America's Got Talent" judge Howard
56. H.G. Wells people
58. Table holders
60. AC/DC song
62. 'Racket' suffix
63. Refusals
64. New Zealand parrot
65. School yr. part

Yesterday's Crossword



Online

See today's answers at
metronews.ca/answers



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

2	6	9	7	3	1	5	4	8
1	5	4	6	9	8	7	2	3
8	3	7	5	4	2	6	9	1
4	2	3	1	5	7	8	6	9
7	8	1	4	6	9	2	3	5
6	9	5	8	2	3	4	1	7
5	1	2	9	7	4	3	8	6
9	4	6	3	8	5	1	7	2
3	7	8	2	1	6	9	5	4

		5					9	
7	3						5	6
		2	8			7	3	
6				8	3		2	
				1				
	8		9	4				5
	9	4			1	3		
3	2						8	9
	7					1		

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